



Healthy Summer Grilling

As the weather gets nicer, more people will be outside doing their favorite activities, including **cooking outdoors**. Luckily, Wisconsin growing season is in full swing and that means there will be plenty of fresh fruits and veggies available in stores and at farmer's markets. Buying these fruits and veggies is a great way to improve your health and support your local businesses.

- Aim for eating 5 servings of veggies and 4 of fruit each day (1 serving is a half cup).
- The following tips may help increase how much fruit and veggies you eat every day.

Stepping into the produce section of the store or walking through a busy farmer's market can be a scary task. So many options, and what do you do with that squash once you get it home?! Many fruits and veggies can be prepared with your meats on the grill, stove, or in the oven. You can also eat many of them raw after a quick wash.

When planning your **grilled** dinner, consider these options:

- Asparagus, corn, onions, bell peppers, bok choy, eggplant, kohlrabi, zucchini, yellow squash, or carrots on the grill next to your meats.

How-to: Rub with a little oil before placing them on the grill grate and turn them when you flip your burger. Season the same as meats.

- Grilled fruit is a great dessert. Try slicing apples, pears, firm peaches and nectarines, or melon and placing them on the grill for a few minutes on either side.

When **roasting** chicken, pork or other meat, try one of these veggies:

- Asparagus, green beans, broccoli, Brussel sprouts, cauliflower, corn, eggplant, kohlrabi, leeks, parsnips, pea pods, peppers, radishes, zucchini, yellow squash, rutabaga, or turnips.

How-to: All these can be diced and tossed in a little bit of oil and seasoning, placed on a baking sheet and roasted until golden brown and/or soft, about 20 minutes. Harder veggies will take a little bit longer, up to 45 minutes.

- Fruits can be roasted for breakfast, snacks or dessert
- Try apples, cherries, grapes, pears, berries, rhubarb, strawberries, peaches or nectarines. Sprinkle a little granola or yogurt on top and you will have a delicious treat!

Sautéing can be a little more daunting. As you become more confident at using a skillet, turn up the heat to cook more quickly, this adds a little more color and flavor to your veggies.

How-to: heat a skillet on medium heat, adding 1 tsp oil. Add your veggies when the oil starts to shimmer. Don't let it smoke! Stir often. Add a little bit of lemon juice (or other citrus) at the end to keep colors bright. Season with salt and pepper.

- Spinach, kale, collards, chard, beans, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, corn, eggplant, garlic, kohlrabi, leeks, onions, okra, peas and peppers.



Breastfeeding Corner

Peer Counselor Changes



Sarah Shober, our longtime Breastfeeding Peer Counselor, has decided to explore other opportunities and has terminated her position with us as of April 25, 2017. We appreciate all

her years of service and all she has done for our many WIC breastfeeding moms and families, and know that she will be greatly missed by them as well as by all of us. We wish her all the best in her future.

We are happy to welcome Joslyn Ware as our new Breastfeeding Peer Counselor. Joslyn will start with us on June 5, 2017. She has been successful in breastfeeding her children and we are sure that she will be a wonderful addition to our staff and to our breastfeeding families. Joslyn will be using the same phone number that Sarah used, 920-960-1248. After June 5, please feel free to contact her about any breastfeeding related questions and concerns.

WIC Breastfeeding phone numbers:

Kara 929-3106

Sarah 929-3953

Kathy 929-3198

Marla 929-3152

Amanda 906-4794

Peer Counselors:

Joslyn 960-1248

**Bertha 929-6895 or
251-2862 (Spanish)**

Extra Farmer's Market Benefits!



WIC families have the opportunity to attend the FDL Farmer's Market on **Saturday, August 26**, with the possibility of receiving additional Farmer Market benefits, pending on availability—first come, first served!

Preventing Childhood Lead Poisoning



Children under 6 years of age can easily be poisoned by dust or chips from lead paint. If your home or apartment was built before 1978, it may contain lead paint. The older

the house, the more lead paint this is likely to be. When playing near windows or other places with worn lead paint, children can get lead dust on their fingers and toys and then into their mouths. When swallowed, lead from the dust gets into their blood.

Lead poisoning can cause your child to have behavior, attention and learning problems as their developing brain and nervous system are affected. This damage is irreversible. In some children, lead poisoning causes a poor appetite and therefore the child may not grow as expected. In the early stages of lead poisoning, most children show **NO** symptoms; therefore it's important to get your child checked at their WIC appointment or their Doctor's office. The first routine test is usually done at age 1 and is repeated at age 2, then as necessary until their 5th birthday.

Healthy foods can help to reduce the amount of lead your child's body absorbs. Foods that are high in calcium, iron and Vitamin C are beneficial, as are lean meats, eggs and fish. And foods that are high in fat cause the body to absorb more lead; so foods to limit would be bacon, hot dogs, chips, butter, fried foods & desserts.

If you suspect your home may be at risk, get your child tested. Wash their hands before meals, naps and bedtimes. Find areas for them to play that are away from loose or chipping paint. Prior to renting, landlords of homes built before 1978 are required to notify potential tenants with a "Lead Warning Statement" which both the landlord and tenant sign. Along with that, the landlord should be giving tenants the **"Protect Your Family from Lead in Your Home"** brochure. If you have further questions, or are planning to do renovations in a home you own, please call the FDL County Health Dept. at 920-929-3085 or check online at: www.dhs.wisconsin.gov/lead.